

EMOTIONAL INTELLIGENCE TRACKER

Daily Reflection & Awareness Practice

SELF-AWARENESS

What am I feeling right now?

Physical sensations:

SELF-REGULATION

Paused before reacting

Practiced deep breathing

Re-framed a negative thought

Expressed a need calmly

SOCIAL AWARENESS & EMPATHY

Note a moment I listened actively today:

TRIGGERS OBSERVED

GROWTH GOAL

One small action for tomorrow

"Between stimulus and response there is a space. In that space is our power to choose our response."